



# ILLUMINARE

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## JOGS BULLETIN

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**GARBHASANSAKAAR COMMITTEE**

DR PUSHPA PANDEY • DR RICHA BEHRANI • DR AMITA SAXENA • DR SUMAN JAIN

DR MANIK PANSEY  
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DR DEEPTI GUPTA  
SECRETARY

DR BHOOMIKA TANTUWAY  
EDITOR

DR SAKSHI MISHRA  
CO-EDITOR

# SCIENCE OF GARBH SANSKAR : FOETAL REPROGRAMING - ROLE OF OBSTETRICIANS

## DR SANGEETA SARASWAT

MBBS, MS

Volunteer All World Gayatri Parivar Convener

आओ गर्भ संस्कारवान पीढ़ी

UP Master Trainer of TOT Programme on Garbh Sanskar



Conducting Online Antenatal Classes – “MAA KI PATHSHALA” Garbh Sanskar is an ancient Vedic practice which literally means training and refinement of the consciousness in utero. Since it is the subconscious mind which is active from the second week post conception, we can also define it as moulding the mind and personality of the unborn in the womb or blueprinting the subconscious mind of the unborn by awakening the mother.

In the era of modern science and technology, with the advanced researches in the field of reproductive endocrinology, perinatal psychology and with the advent of 3D, 4D ultrasonography it is well proved that the unborn child is an aware, reacting human being who from the sixth month on (and perhaps even earlier) leads an active emotional life. Along with this new knowledge it is now also known that -

- The fetus can see hear, experience taste and on a premature level even learn in utero.
- Whatever a child feels and perceives begins shaping his attitudes and expectations about himself.
- The chief source of these messages is the child's mother. New research is also beginning to focus much more on the father's feelings. Until recently his emotions were disregarded.

If the above knowledge is widespread, future parents will realise that they have an unparalleled opportunity to help shape the personality of their unborn child. They can actively contribute to his happiness and well being not just in utero, but for the rest of his life.

### Parental Programming: The power of Subconscious mind

The subconscious mind becomes active from the nineteenth day post conception and remains so till five to seven years of early childhood. It is a non-judgemental database of stored programs whose function is strictly concerned with reading environmental signals and engaging in hardwired (preprogramed) behavioural responses. As a preprogramed behaviour is unfolding the observing conscious mind (which becomes active after five to seven years of age) can step in, stop the behaviour and create a new response. This is called **Self-Consciousness**. The sub conscious mind is our “Autopilot”, the conscious mind being the “Manual Control”.

Based on this knowledge we can safely conclude if the pregnant mother is conscious of her thoughts, emotions, diet, family & social environment, she can reprogramme the subconscious mind of her unborn in utero as per her desire.

The learned behaviours and beliefs acquired in our intrauterine life and early childhood from parents, peers, and teachers majorly design our personality and character as an adult.

### EPIGENETIC INHERITANCE

Parents act as genetic engineers for the children in the months before and after conception. In the final stages of egg and sperm maturation a process called Genomic Imprinting adjusts the activity of specific groups of genes that will shape the character of the child yet to be conceived (Surani 2001, Reik and Walter 2001). Hence the need for Preconception Preparation.

### “WHY YOUR DNA ISN'T YOUR DESTINY” – EPIGENETIC EFFECTS



Epigenetics is the study of modifications to DNA that promote changes in gene expression without altering the DNA sequence. It is through epigenetics that environmental factors like **prenatal nutrition** and **stress** make an imprint on genes that are passed from one generation to next. The interplay between genes and environment is majorly during first 1000 days of life. External influences like Nutrition (junk food), chemical toxins, stress, substance of abuse (Alcohol & tobacco), drugs and infection during the process of cell differentiation (embryonic stage) can result in adverse health outcomes later in life.

### **Is the Fetal Brain hormonally Imprintable??**

The emotional dialogue between fetus and the mother takes place through changing blood chemistry of the mother. A child can decode maternal messages of love and comfort by the surge of positive hormones. On the other hand excessive maternal cortisol due to persistent prenatal stress creates an overcharged autonomic nervous system resulting in low birth weight at birth, crying cranky babies, with gastric disorders, reading difficulties and behavioural disorders.

### **Prenatal stress, Destressing therapies and role of Obstetricians**

Pre-natal stress is associated with pregnancy and birth complications like preterm labour, low birth weight, gestational diabetes & PIH. Study published in JAMA paediatrics 2020 showed that excessive maternal stress in pregnancy led to cognitive dysfunction and increased incidence of congenital heart disease. Adverse intrauterine environment can lead to learning and behavioural disorders in childhood as well as obesity and cardiovascular disease later in life.

Studies presented in annual meeting of society of neuroscience highlight lasting effects of early life stress on the genome, gut and brain. Stress during pregnancy can alter gut bacteria in women thereby reducing critical nutrients reaching the fetus's brain. Early life stress can alter the chromatin structure in brain making them more vulnerable to stress as adults. .

### **DESTRESSING THERAPIES AND ROLE OF OBSTETRICIANS**

It is now need of the hour for obstetricians to discard their myopic view of antenatal care. Antenatal care needs to move beyond prenatal screening and supplementation of nutrients. The new approach demands more attention to Preconception Preparation (planned pregnancy) and to add Destressing Therapies to regular antenatal care.

These therapies include **mediation, chanting, music, yogasan, pranayama, swadhyay, satvic diet & foetal communication (Garbh Samvad)**. All have been well researched but more studies on Indian women are needed.

- ❖ **MEDITATION** – Maternal mindfulness during pregnancy reduces fear of labour, decrease the use of pain relief and lowers the risk of postnatal depression. Study on maternal mindfulness during pregnancy shows reduction in emotional dysregulation in women, improves immunity thereby improving cognitive & behavioural function in new-borns.
- ❖ **CHANTING** – Jap or chanting is a repetitive process to enable the divine light to reach the deepest level of human consciousness. Science of mantra is based on the principle of sound resonance. According to Indian scriptures Gayatri Mantra is the most effective mantra for self-refinement. Mantra chanting creates energy equivalent to supersonic waves and enhances the power of our Energy Chakras.
- ❖ **PRENATAL YOGASAN AND PRANAYAM** - A well-researched subject to prepare women physically and mentally for easy normal delivery.
- ❖ **HEALTHY DIET DURING PREGNANCY : Diet should be :-**
  - Santulit – Balanced Diet
  - Satvik – Non Spicy, Non oily, pure vegetarian diet
  - Sanskarit – Enhanced vibrational energy of food.
- ❖ **MUSIC:-** Soulful resonant sounds like Bhajans, Instrumental music (Flute), Classical Ragas, Mantra, Shloka, makes the fetus calm. It enhances neurogenesis & synaptogenesis and enhanced neural pathways in the growing fetus.

❖ **SWADHYAY:-** Reading good books

Swadhyay gives wisdom, elevates mind to high spiritual altitude and clears doubts. It is a technique to feed meaningful valuable data into the child's developing brain.

Swadhyay also means Self-analysis which is essential to clean our conscious of all negative thoughts and emotions.

❖ **FOETAL COMMUNICATION OR GARBH SAMVAD:-** It is an age old method in our culture to teach the child inside the womb. For example Abhimanyu, Ashtavakra, Bhakt Prahlad, they all acquired knowledge in utero. It enhances emotional bonding with mother and family and increases the child's intelligence in multiple spheres.**CONCLUSION**

Upbringing the children starts right from the womb. The paramount concern for parents, for educators, for Obstetricians, for all of us should be the raising of a healthy and happy Child. Our aim is to design a future free from stress and needless suffering. The therapies and Lifestyle modification techniques taught in Garbh Sanskar are beneficial for physical, mental, emotional and spiritual well being of both mother and child. Shantikunj Haridwar, main center of All World Gayatri Parivar is running a mass antenatal health program through Garbhotsav Sanskar called Aao Gade Sanskarvan Pidhi (आओ गढ़ें संस्कारवान पीढ़ी) in India and abroad under the able guidance of Dr Pranav Pandya MD (Medicine) Chancellor of DSV (Dev Sanskriti Vishvidalaya), Director of Brahmavarchas. To teach and train antenatal women, each state with its team of volunteers are conducting online classes called Maa ki Pathshala (माँ की पाठशाला)

**ACKNOWLEDGMENT**

The project Aao Gade Sanskarvan Peedhi (आओ गढ़ें संस्कारवान पीढ़ी) is running successfully for the last 9 years. under the subtle guidance of *Vedmurti Taponisth Pandit Shri Ram Sharma Acharya* who established *All world Gayatri Pariwar*. He popularly known as Gurudev was a spiritually uplifted personality, profound thinker, noted philosopher, dedicated social reformer, and prolific writer and great patron of the divine Indian culture. he dedicated his entire life for the revival of the *Vedic Rishi Traditions* (including garbh sanskar), that were instrumental in the manifestation of the *Era of Truth (Satyug)* on this earth.

**A New Era Begins .....**

Let us raise our consciousness so that we may help  
Elevate the collective consciousness of the universe

**To Register your  
Antenatals For  
Free  
Online Classes**

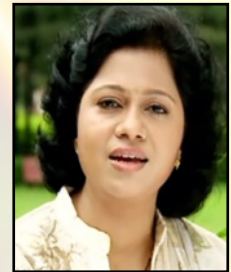




# EXERCISE DURING PREGNANCY

## DR SHUBHADA NEEL

MD, DGO, DNB, DFP KEM Hospital, Mumbai  
 Medical Director Neel Hospital & ICCU, New Panvel, Navi Mumbai  
 President, Divine Sanskar Research Foundation DSRF  
 Consultant, Trainer, counselor with clear focus on creating value based society



Pregnancy is a special time in a woman's life that can be one of the most joyful experience ever if there are no complications, but a pregnant women faces many physical and mental problems during this period which not only affects mother but also put adverse impact on child .Therefore, exercising during pregnancy is beneficial for the babies health too. Yogic physical and breathing exercises combined with pure and Satvik food and also positive thoughts creating with the help of meditation will open the way for spiritual health for both mother and child.

### Light exercises and asanas:

*It is a collection of simple yogic exercise's comprising moment of joint, massage to the muscles, cyclic awareness and cyclic Pranayam or breathing exercises.*

*Yogic exercise's quickens the process of eliminating the toxins and waste materials from the body through the skin, lungs, spleen kidney and bowels etc. these exercises are means of balancing and harmonizing the body mind and emotions. It brings different bodily functions into perfect coordination for good health of pregnant women.*

### How Yoga Can Help During Antenatal Period?

Medical research has shown marked benefits of yoga to the mother and fetus. Adverse effects of stress in pregnancy are Pregnancy induced hypertension; Pregnancy induced Diabetes, Abortion, Preterm labour, Eclampsia and IUGR.

The chief aim of these exercises is to improve the overall elasticity and strength of the body's muscles and more importantly those sets, which are vital for delivery like muscles of lower back, waist, lower abdomen, leg & pelvic floor. The exercises also improve blood circulation. Regularly doing these exercises also prepares you mentally for the process of childbirth as well as dispels misconceived fears and notions.

### General Guidelines for Yoga Practice

#### Before The Practice

- Cleanliness of surroundings, body and mind.
- Calm and quiet atmosphere with a relaxed body and mind.
- Empty stomach or light stomach - small amount of honey in lukewarm water if you feel weak.
- Bladder and bowels should be empty.
- A mattress, Yoga mat, durrie or folded blanket.
- Light and comfortable cotton clothes.
- Do not do yoga in a state of exhaustion, illness, in a hurry or in acute stress conditions.
- Chronic disease/ pain/ cardiac problems, during pregnancy and menstruation a physician or a Yoga therapist should be consulted.

#### During The Practice

- Start with a prayer to create a conducive environment to relax the mind.
- Slow, in a relaxed manner, with awareness of the body and breath.
- Do not hold the breath unless instructed. Breathing. Through the nostrils unless instructed otherwise.

- Do not hold the body tightly, or jerk the body
- Practice with own capacity.
- Persistent and regular practice.
- Keep in mind contra-indications/ limitations.
- End with meditation/ deep silence / Sankalpa

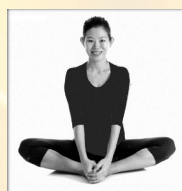
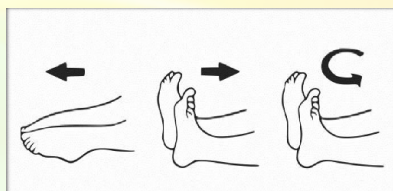
Shanti path

#### After Practice

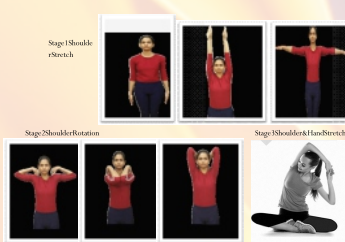
- Bath may be taken only after 20-30 minutes of practice.
- Food may be consumed only after 20-30 minutes of practice.

#### Loosening Practices

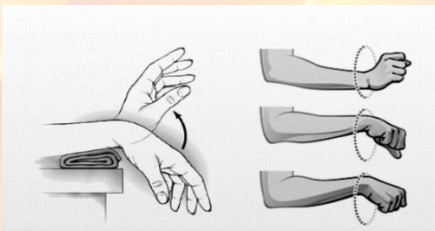
- Ankle/Toe Movement
- Butterfly
- Neck Movement
- Shoulder Movement
- Wrist/finger Movement
- Knee Movement



Ankle / Toe Movement  
Butterfly  
Neck Bending



#### Hand & Wrist Movement



Trunk Movement

Knee Movement

#### Yogasanas

##### Points to Remember

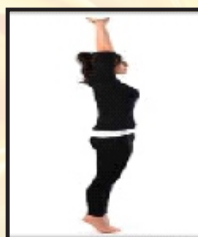
1. Starting Position of asana
2. Reach slowly to final Position
3. Hold for sometimes in final Position
4. Slow Release of asana
5. Relax

##### Standing Pose

##### Sitting Pose

1. Dandasana
2. Bhadrasana (The Firm/Auspicious Pose)
3. Sukhasana
4. Parvatasana (The Mountain Pose)
5. Sukha Purva
6. Kativakrasana
7. Chakkichalan
8. UpavistaKonasana

#### TADASANA



#### CHAKRASANA



#### KONASANA



#### VIKSHSANA



Sulabha  
Parshwaha  
stasana  
(The easy hand  
back pose)

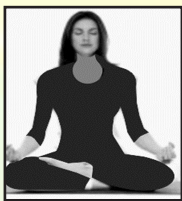


9. ParsvaUttanasana
10. Janushirasana
11. Matsyendrasana
12. Vajrasana (The Thunder Bolt Pose)

### What Is Pranayama

- Also known as 'yogic breathing' or 'controlled deep breathing'.
- 'Prana' means energy in Sanskrit
- 'Ayama' means distribution of energy.

Pranayama teaches you to breathe well, with an equal balance of nourishing oxygen inhaled and unwanted carbon dioxide exhaled. This keeps your body oxygenated giving you more energy.



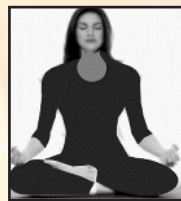
Pranakarshan Kriya



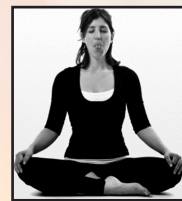
Anuloma Viloma/  
Nadishodhan



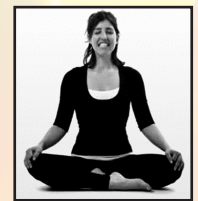
Bhamari Pranayama



Udgat Pranayama



Shitli Pranayama



Sitkari Pranayama

### Benefits of Pranayama

- ❖ Improves the circulation of blood
- ❖ Increases the oxygen level in your blood
- ❖ Helps your body to remove waste effectively Reduces stress.
- ❖ Cope during labour by calming you and distracting you from pain.
- ❖ Breathe deeply now will help to prepare you for giving birth.
- ❖ Your body produces increasing amounts of adrenaline when you're afraid, which can prevent the production of oxytocin, a hormone that helps labour along. Deep breathing in labour can help you fight the urge to panic when you feel the pain of contractions.
- ❖ Keeping your body relaxed means you can save your energy for when it is needed

Om  
Mantra



Dhyana mudra  
El mudra del Vacio

### Benefits of Chanting the Powerful Om Mantra

- Helps Reduce Stress
- Improves Concentration
- Sets Your Mood Right
- Strengthens Spinal Cord
- Helps In Detoxifying Your Body
- Takes Care Of Your Heart & Digestive System
- Helps In Getting You Enough Sleep
- Enables You To Have Control Over Your Feelings
- Helps You In Getting Rid Of Negativity

### Walking

Walking is safe all nine months of pregnancy & one of the easier ways to start exercising. At least 30 minute

a day, preferably outdoors for the fresh air, sunlight and natural surroundings.

- Time Table for Morning Walk in Pregnancy
- Benefits of Walking
- Pregnancy Safe Walking Tips

#### **Pregnancy Safe Walking Tips**

- Drink about half glass of milk / half a piece of apple / dry fruit before you start your Walk. Always remember to carry a water bottle along with you.
- Get your doctor's approval before starting
- When pregnant you have to be more careful
- Look forward while walking, to avoid sudden falls
- Walk at a comfortable pace that isn't too fast
- Slow down if you are not able to walk with your growing belly.
- If in case you feel hot, breathless or tired, take a break.
- Don't walk in extremely humid or hot conditions

#### **Benefits of Walking During Pregnancy**

- Retrospective data suggest that exercise may: Prevent gestational diabetes, reduce the risk of developing preeclampsia, and prevent excessive weight gain during pregnancy
- Gaining weight at a steady rate can lower your chances of having

Haemorrhoids

Varicose veins

Stretch marks

Backache

Fatigue

Indigestion

Shortness of breath during pregnancy

- A review of the evidence suggests that, in most cases, exercise is safe for both mother and foetus during pregnancy and women should therefore be encouraged to initiate or continue exercise to derive the health benefits associated with such activities. Overall the body of literature in this field thus far is provocative, and when taken as a whole, suggests that exercise during pregnancy may be associated with a reduced risk of caesarean delivery

#### **Benefits of Exercise in Pregnancy**

- Pregnancy usually leaves women feeling tired; exercise gives you more energy to make through the day.
- Exercise allows you to sleep better.
- Improves your mood, lessens mood swings, improves yourself image, and gives you some sense of control.
- Prepares you for childbirth. Studies show shorter labor, fewer medical interventions, and less exhaustion during labor.
- Easier to lose the weight after the baby is born.

#### **Important Point to Remember**

Women with miscarriages or abortions in the past or those who have conditions like 'placenta previa should do exercises only according to their doctor's advice. Routine sonography during the third month is useful.

#### **CONCLUSION**

So we want to emphasize about the role of different Asanas to prepare mother for process of delivery and to have intelligent baby, a peaceful mind by Pranayama and Meditation. Always remember you are having a pure soul in your womb and GOD gave you an opportunity to create it in better way. We as a doctor have major role in all this process we know that subconscious mind of baby is always alert in womb, so we can teach a foetus more easily and can make a whole generation intelligent and Sanskarwan

*Om Shanti*



# ROLE OF MEDITATION DURING PREGNANCY

## DR PUSHPA PANDEY

Senior Consultant Gynecologist at Bombay Hospital, Jabalpur

To mind that is still, the whole world surrenders.

Anonymous

When meditation is mastered, the mind is unwavering like the flame of lamp in a windless place. Bhagavadgita



## Introduction

Meditation and medicine has come from the greek word 'medri' which means 'to heal'. It is a mental exercise, which has many physiological and psychological benefits in mind and body. Pregnancy is a condition in which women undergo various physiological changes and is accompanied by unique physical and psychological demands. Maternal stress and anxiety which are very common even in uncomplicated pregnancy is associated with a host of negative consequences for the fetus and subsequent development. Hence there is a need to manage the various physical, emotional, mental, pain that arise throughout the stages of pregnancy and labour. Meditation not only takes care of physical, psychological health but helps to improve the state of spiritual health. The word 'Holistic', as described by Jan C. Smurt, means 'whole' or 'complete'. Around 70 to 80 years back when the dichotomy in the state of being of the Human being used to be emphasized i.e. 'spirit' the psyche and consciousness energy that drives the force 'being'. So the multidimensional health model is the need of the hour.



Meditation enables us to look within and make contact with our inner truth. The inner peace and silence that emanate during meditation also affect our physical bodies. Various types of meditation are practiced by the individuals, few of them are-

**Mantra meditation**-Wiki describes "Mantra" as a sacred utterance, a numinous sound, a syllable, word or phonemes, or group of words in Sanskrit believed by practitioners to have psychological and spiritual powers.

**Dhyan meditation**-Aimed at developing concentration on a sacred object. When one focuses upon a sacred object for a long period of time, the impact of that vision can bring an internal state of sacred awareness.

**Rajyoga meditation**-Rajyoga Meditation is the communion of inner self with supreme. It is also known as "sahaj yoga" and taught by Brahmakumaris. 'Yoga' means 'union'. It is the science and art of harmonizing spiritual, mental and physical energy through a connection with the ultimate source of spiritual energy called the 'Supreme soul' (Power house of spiritual energy).<sup>1</sup> It is the state of soul consciousness and a positive life style. Rajyoga has two components

1. **Soul** : soul is the metaphysical energy which control the body. Soul is eternal, immortal, imperishable, divine metaphysical entity. It should be clear, fetus in womb has a same life as an adult. Every human being either adult and fetus is made up of physical energy and meta physical energy.

Human being - Human + being

Upto 3 months body of fetus formed completely in mother's womb. "Soul" enters in body which is imperishable entity with subconscious mind (sanskar) carrying from previous birth.

Soul is located in the centre of forehead between hypothalamus, pituitary gland and pineal gland. Surface marking is centre of forehead. Soul has 7 innate qualities—1. Knowledge 2. Purity 3. Love 4. Peace 5. Happiness 6. Bliss 7. Power. These innate qualities (metaphysical energies) manifesting as thoughts forms a quantum field which has no mass. Thoughts are not mere vibrations, but they are definite electrochemical phenomenon occurring in hypothalamus of brain. This metaphysical energy acts through the mind 'thoughts, judgements, feelings, emotions' and integrates with the biological energy of the body through the nervous and endocrine system, thereby nourishing every cell of body. So physical health is dependent on positive vibration of metaphysical energy. In fact mind radiates its energy to each cell of body.

#### Scientific evidence of soul -

- Near death experiences & Out of body experiences.
- Past birth regression therapy.

2. **Supreme-** is a powerhouse. He is ocean of knowledge, peace, purity, power, bliss, love & happiness. The most accepted form of Supreme is point of light and might in all religions.

#### Method of Meditation-

Meditation is practiced while sitting in morning and evening two times at least for twenty minutes. Everyday sit in a clean and pure spot with no TV or other distractions. In this simple yoga we can sit quietly in the lotus posture or the half lotus posture.

Sit comfortably and relax your body from head to feet... Take a few deep breaths... During inhalation visualize positive energy from the environment entering in your body. Negative energy is going out during exhalation... Experience calmness and watch your thoughts... Thoughts are slowing down.

Visualize a point of light, symbolic of your spirit, in center of your forehead. This peaceful light is emitting rays of tranquility, rays of peace... These rays are reaching to my brain which is now filled with divine peaceful rays. I am a peaceful being... These rays have spread throughout. I am relaxed and peaceful... Now shift your attention to the space outside your body.. where exists another powerful point of light that is the ocean of peace and ocean of love.

Imagine different colored rays falling upon me; I am absorbing love, peace and healing energy from the supreme surgeon, the God father.... The energy is entering through my face, eyes and is spreading out to fill every cell of my body.

I am now feeling restored and healed. Healing energy is radiating from within me to my baby inside the womb.. He/she is also a point of divine light playing a part in his/her body. The Baby inside the womb is also experiencing unconditional love and peaceful vibrations... Stay connected to the ocean of peace and visualize that my child's mind is getting powerful and his/her body is becoming healthy.

At night and early morning after meditation Visualize God's power falling on your hands. Touch your abdomen, While thinking healing energy of GOD is entering to my baby through my hand..

Rajyoga can also be practiced while walking and moving around which changes the aura (Thought, emotions, attitude, memory) of person, that affects the health of expectant mother and her fetus inside the womb

#### Benefits of Meditation-Physiological Benefits-

1. Meditation decreases metabolic rate and lowers the heart rate, thus indicating a state of deep rest & regeneration.
2. Meditation reduces stress by decreasing stress hormones. In various studies it was found that the number of preterm labour and pregnancy induced hypertension with associated Intrauterine growth restriction (IUGR), were significantly lower, in the group of mothers that practiced yoga and meditation<sup>3</sup>





3. Endorphins and encephalins are secreted due to yogic life style which helps in detaching oneself from the various kinds of pains.
4. It raises energy level and strengthens the immune system to ward off infections. Improves sleep and digestion.
5. Positive changes in ECG, EMG and increases skin resistance.
6. Creates a state of deep relaxation and reduces anxiety due to decreased level of blood lactate. It helps to give up addictions, and decrease depression anxiety, diabetes, hypertension, migraine tension headache 4..
7. Engaging in regular meditation not only enhances one's capacity to endure typical discomfort but also augments the likelihood of experiencing a natural childbirth. By cultivating a consistent meditation practice, individuals can elevate their threshold for everyday discomfort, consequently bolstering their ability to embrace the challenges associated with childbirth without undue distress.

#### Psychological benefits of Meditation -

1. It enhances positivity of a person, and reduces stress, lessens catastrophic reaction, caused by adverse environment, unwanted pregnancy and economic problems by changing attitude and belief system
2. It strengthens patients to tolerate various types of pains during antenatal period as well as during labour and promotes vaginal delivery.
3. Meditation increases the subjective feeling of happiness and contentment.
4. Meditation increases emotional stability. Increases concentration and strengthens the mind.

#### Spiritual benefits of Meditation -

1. Pure vibrations give healing touch to self and others
2. Meditation increases the spiritual energy within, neutralises the cause and effect of karma and improves birth outcome.
3. By nourishing fetus with spiritual energy it can be protected from the negative environment and by nourishing brain and body make the baby healthy.

**Conclusion** Meditation is a simple technique that brings profound results. Thus it contributes to decreasing the risk of premature delivery or low birth weight babies, the complications like pregnancy-induced hypertension (PIH) and intrauterine growth restriction (IUGR) and eventually would decrease-

- Developmental and behavioural problems in the children, as a toddler and adolescent.
- Risk of developing depression later in life.
- mental health problems in the mother.
- Foetal origin of adult diseases such as insulin dependent diabetes mellitus, hypertension and coronary heart disease.

"All the suffering, stress and addiction comes from not realising you already are what you are looking for"

Jon Kabat Zinn

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# MULTIPLE INTELLIGENCE: WAY BEYOND THE TRADITIONAL PSYCHOMETRIC VIEW OF INTELLIGENCE.

## DR AMITA SAXENA

MBBS, DGO, Diploma in Cosmetology.

Senior Consultant Marble City Hospital, OBGY Department, Jabalpur.

Director Saxena Cosmetic Clinic.

Co-Founder "Jabalpur Cosmetic Gynecology Center".



- Advance training Asthetic Dermatology from Skin Institute Singapore.
- Advance training in Botox and fillers from Allergan Singapore.
- Past President 2022-23 OBGY Society, Jabalpur.
- Vice-President IMA 14-15, 15-16, 19-20
- State Coordinator of आओ गढ़े संस्कारवान पीढ़ी MP

*(This is a movement run by all world Gayatri Pariwar, Shanti Kunj Haridwar in India & abroad)*

- Written two books on "Garbh Sanskar"- one in English "Design Your Baby in Womb"
- Working in Research, Training and Public Awareness of "Science of Garbh Sanskar" (Perinatal Education) in M.P. & Other States of India under the banner of 'Aao Gadhen Sanskarwan Peedhi.

For years together, IQ has been a single measure to calculate the intelligence of an individual. However, modern researchers have disregarded it and suggest that: IQ does not measure one's practical intelligence. It definitely ignores a person's other significant abilities like curiosity, creativity and emotional readiness that are imperative abilities responsible to reach one's highest potential.

Hence to depict the entire range of one's abilities and talents, Dr. Howard Gardner an American developmental psychologist tossed the theory of Multiple Intelligence, where he suggest that there are 8 types of intelligences. These 8 types cover all the possible ranges of one's abilities. It is also believed that these range of intelligence is developed when an individual starts their formal education. Nevertheless, the truth is that the foundation of these developments happens right when the child in the mother's womb. Science have way back proved that the activities that the mother is involved in, while she is carrying her child in the womb has a lasting impact on the child and so does all these intelligences. All that is required is awareness.

Now let us have a look at all these 8 intelligences and the ways it can be developed in a child, just by making the



mother involved in respective practices and activities during her pregnancy:

1. **Intrapersonal Intelligence:** Ability of being aware of self, like self-reflection and analysis of one's own emotional state, feeling and motivation. This gets developed when a person regularly introspects, read autobiographies of great personalities or going through inspirational literatures, and create their own long- and short-term goals.
2. **Interpersonal Intelligence:** It is also known as people skills. It an ability to understand and interact with others effectively. People with high interpersonal intelligence are great in assessing other's emotional state, feeling and motivation. This is developed by working to resolve conflicts in a group setting, by seeking understanding of other's perspectives and by working to establish a connection with everyone around us.
3. **Musical Intelligence:** Individuals with high musical intelligence are great in recognising the rhythm and sounds. They speak in a rhythm and can catch a tune effortlessly. This gets developed by creating a musical environment around us like participating in a musical concert, learning to sing or play musical instruments and by creating awareness about different forms of music and regularly listening to soothing and calming music.
4. **Visual- spatial Intelligence:** This intelligence is about being good at visualizing things or having an ability to measure or judge the direction in 3D with instinct. This gets developed by working to interpret pictures, graphs, charts, etc and by involving oneself into creative visualization activities like guided meditation.
5. **Linguistic- verbal Intelligence:** This ability speaks about being word smart. About one's ability to convert thoughts, feeling and emotions into effective words either verbal or written. This develops by reading and writing about all that one likes. Playing word games, participating in debates, elocution, public speaking, writing essays or articles.
6. **Logical-mathematical Intelligence:** People with great logical-mathematical intelligence are good in dealing with number, calculations, reasoning, recognising patterns and logically analysing a problem. This gets enhanced by solving logical puzzles, learning a computer language, conducting science experiment, and solving complex computation.
7. **Bodily- kinesthetics Intelligence:** Individuals with high bodily-kinesthetics intelligence are good in large body movements, performing action and physical control. This gets developed when one is engaged in any physical activities like exercise, Yoga, sports, dance, acting and wrestling.
8. **Naturalistic Intelligence:** This intelligence is about being in tune with nature and exploring environment. These individuals can notice even the subtle change in the environment. This gets developed when one regularly spends time with nature through activities like gardening, bird watching, trip to natural places and wildlife sanctuaries and by working on environmental projects.

If an expecting mom creates and environment for development of her 8 multiple intelligences, then this leads to creation of neurological pathways in the brain of the child in womb, further enabling the child overall development into a genius.